

Move to the Moon

February 1 - March 31, 2015



Step Converter

For activities other than walking, check the chart below to determine the activity's equivalent number of steps. Simply multiply the number of minutes you did the activity by the number of steps indicated on the chart. For example, 30 minutes of mopping (housework, mopping floors) equals 3030 steps. (30 minutes x 101).

Number of steps per minute for selected activities

| | | | | | |
|--------------------------------|-----|-------------------------------|-----|--------------------------|-----|
| Aerobics, high impact | 203 | Hiking, 21-42 lb. load | 232 | Snowboarding, light | 150 |
| Aerobics, low impact | 145 | Hiking, general | 172 | Snowboarding, moderate | 182 |
| Aerobics, step | 246 | Horseback riding | 116 | Soccer, recreational | 203 |
| Badminton, casual | 131 | Horseback riding, trotting | 188 | Soccer, competitive | 290 |
| Badminton, competitive | 203 | Housework, light | 72 | Softball | 145 |
| Basketball, game | 230 | Housework, mopping floors | 101 | Squash | 348 |
| Basketball, recreational | 174 | Housework, scrubbing floors | 110 | Stair climbing, machine | 260 |
| Bicycling, leisurely | 116 | Housework, vacuuming | 101 | Stair climbing, moderate | 334 |
| Bicycling, stationary | 203 | Housework, washing windows | 87 | Stair climbing, slow | 232 |
| Bowling | 87 | Ice skating | 203 | Stair climbing, vigorous | 434 |
| Boxing | 348 | Judo | 290 | Stretching | 72 |
| Canoeing, light | 87 | Jumping rope, fast | 348 | Swimming, backstroke | 203 |
| Chopping wood, around home | 174 | Jumping rope, moderate | 290 | Swimming, breaststroke | 290 |
| Circuit Training | 232 | Karate | 290 | Swimming, butterfly | 319 |
| Cross-country skiing, intense | 260 | Kickboxing | 290 | Swimming, freestyle | 203 |
| Cross-country skiing, moderate | 232 | Mowing | 160 | Swimming, leisure | 174 |
| Cross-country skiing, slow | 203 | Orienteering | 260 | Swimming, treading water | 116 |
| Dancing | 131 | Painting | 131 | Tae Kwon Do | 290 |
| Downhill skiing | 174 | Pilates | 101 | Tai Chi | 116 |
| Elliptical trainer | 203 | Ping-pong | 116 | Tennis, doubles | 174 |
| Firewood, carrying | 145 | Racquetball, casual | 203 | Tennis, singles | 232 |
| Firewood, sawing with handsaw | 217 | Racquetball, competitive | 290 | Trampoline | 101 |
| Firewood, stacking | 145 | Raking leaves | 125 | Volleyball, game | 232 |
| Football | 260 | Roller skating | 203 | Volleyball, leisure | 87 |
| Gardening, light | 116 | Rowing, light | 101 | Wash the car | 87 |
| Gardening, heavy | 174 | Rowing, moderate | 203 | Water aerobics | 116 |
| Gardening, weeding | 131 | Running, 10 mph (6 min/mile) | 463 | Water skiing | 174 |
| Golfing, without a cart | 131 | Running, 8 mph (7.5 min/mile) | 391 | Wax the car | 131 |
| Golfing, with a cart | 101 | Running, 6 mph (10 min/mile) | 290 | Weight lifting, moderate | 87 |
| Grocery Shopping | 67 | Running, 5 mph (12 min/mile) | 232 | Weight lifting, vigorous | 174 |
| Handball | 348 | Scuba diving | 203 | Yard Work | 145 |
| Hiking, 10-20 lb. load | 217 | Show shoveling | 174 | Yoga | 72 |